

MANJAR BLANCO

About 2 cups

Manjar blanco is a Chilean sweet made with milk, sugar and vanilla or cinnamon. It requires about an hour to prepare and Chilean children cry for it. It has a delicate caramel flavor.

6 cups milk
1½ cups sugar

2-inch piece vanilla bean or 1-inch
cinnamon stick

Bring all the ingredients to a boil, lower the heat and simmer. Stir the mixture frequently until it begins to thicken, and then constantly until done, when it will have the consistency of custard and a caramel color.

Note: There are numerous ways in which manjar blanco is eaten. It may be spread on buttered bread or used as a filling for baked apples or French pancakes.